

ABSTRAK

NANDA SULISTIYO: Pengaruh Metode Latihan dan Koordinasi terhadap Peningkatan Keterampilan *Passing* Bolavoli Ekstrakurikuler Sekolah Menengah Atas. Tesis. Yogyakarta: Program Pascasarjana, Universitas Negeri Yogyakarta, 2015.

Penelitian ini bertujuan untuk mengungkapkan: (1) perbedaan pengaruh metode latihan komando dan metode latihan eksplorasi terhadap peningkatan keterampilan *passing* bolavoli ekstrakurikuler SMA, (2) perbedaan pengaruh koordinasi tinggi dan koordinasi rendah terhadap peningkatan keterampilan *passing* bolavoli ekstrakurikuler SMA, (3) interaksi metode latihan dan koordinasi terhadap peningkatan keterampilan *passing* bolavoli ekstrakurikuler SMA.

Penelitian ini merupakan penelitian eksperimen dengan menggunakan desain faktorial 2x2. Populasi penelitian ini adalah seluruh SMA yang menyelenggarakan ekstrakurikuler bolavoli di Kabupaten Bantul. Sampel ditentukan 60 orang peserta ekstrakurikuler di SMA Negeri 1 Sewon dan SMA Negeri 2 Bantul dengan teknik *purposive random sampling*. Dari 60 orang dibagi menjadi kelompok atas sebesar 27% dan bawah sebesar 27% dari skor (Baumgarter, Jackson, Mahar, & Rowe, 2007: 463). Instrumen yang digunakan untuk tes koordinasi adalah tes koordinasi mata tangan dan kaki Baumgarter, Jackson, Mahar, & Rowe (2007: 343). Instrumen yang digunakan untuk tes *passing* adalah *Kautz Volleyball Passing Test* (Collins & Hodges, 2001: 297). Analisis data menggunakan *Kolmogorof-Smirnov Test* untuk normalitas. Uji homogenitas dengan menggunakan *Levene Statistics*, dan pengujian hipotesis menggunakan analisa data dengan analisis statistik parametrik berupa analisis variansi dua jalan (*Two-Way Anova*) dan uji lanjutnya (*post-hoc test*) dengan LSD (*Least Square Difference*) dan sampel berkorelasi pada taraf signifikansi 5%.

Hasil pengujian adalah sebagai berikut: 1) Ada perbedaan pengaruh yang signifikan metode latihan komando dan metode latihan eksplorasi terhadap peningkatan keterampilan *passing* bolavoli ekstrakurikuler SMA. Keterampilan *passing* bolavoli ekstrakurikuler SMA yang dilatih menggunakan metode komando lebih tinggi daripada yang dilatih menggunakan metode eksplorasi. 2) Ada perbedaan pengaruh yang signifikan dari koordinasi tinggi dan koordinasi rendah terhadap peningkatan keterampilan *passing* bolavoli ekstrakurikuler SMA. Siswa yang memiliki koordinasi tinggi lebih baik daripada siswa yang memiliki koordinasi rendah terhadap peningkatan keterampilan *passing* bolavoli ekstrakurikuler SMA. 3) Tidak terdapat interaksi yang signifikan antara kedua kelompok metode latihan dan koordinasi terhadap peningkatan keterampilan *passing* bolavoli ekstrakurikuler SMA.

Kata kunci: metode latihan, koordinasi, keterampilan *passing* bolavoli, sma

ABSTRACT

NANDA SULISTIYO. *The Effect of Exercise Method and Coordination on the Improvement of Passing Skills in the Extracurricular volleyball Senior High Schools.* Thesis. Yogyakarta: Graduate School, State University of Yogyakarta, 2015.

This study aims to reveal: (1) there is a significant difference in the effects of the command exercise method and exploration exercise method on the improvement of the passing skills in the extracurricular volleyball at senior high schools (SHSs), (2) there is a significant difference in the effects of the high coordination and the low coordination on the improvement of the passing skills in the extracurricular volleyball at SHSs, and (3) the interaction between the exercise methods and the coordination on the of the passing skills in the extracurricular volleyball at SHSs.

This was an experimental study employing a 2 x 2 factorial design. The research population comprised all SHSs running the extracurricular volleyball in Bantul Regency. The samples, consisting of 60 participants in the extracurricular volleyball at SMA Negeri 1 Sewon and SMA Negeri 2 Bantul, was selected by means purposive random sampling technique. The 60 participants were divided into 27% of the upper group and 27% of the lower group based on their scores (Baumgarter, Jackson, Mahar, & Rowe, 2007: 463). The instrument to measure coordination was an eye-arm-leg coordination test developed by Baumgarter, Jackson, Mahar, & Rowe (2007: 463). The instrument to measure passing skills was the Kautz volleyball passing Test (Collins & Hodges, 2001: 297). The data were analyzed by the Kolmogorov-Smirnov test for normality. The homogeneity was assessed by Levene Statistics, and the hypotheses were tested by parametric statistical tests, namely Two-Way Analysis of Variance, a post-hoc test using Least Square Difference (LSD), and paired samples at a significance level of 5%.

The results of the study are as follows. (1) There is a significant difference in the effects of the command exercise method and exploration exercise method on the improvement of the passing skills in the extracurricular volleyball at SHSs. The passing skills in the extracurricular volleyball at SHSs through the command exercise method (2) There is a significant difference in the effects of the high coordination and the low coordination on the improvement of the passing skills in the extracurricular volleyball at SHSs. Students with the high coordination are better than those with the low coordination in terms of the improvement of the passing skills in the extracurricular volleyball at SHSs, and (3) There is no significant interaction between exercise methods and coordination on the improvement of the passing skills in the extracurricular volleyball at SHSs.

Keyword: *Exercise Methods, coordination, volleyball passing skill*